

Meat Makes Bad Kidneys

Too much meat is just as bad as not enough. Such a diet is apt to load the blood with uric acid and to injure the kidneys.

A Virginia Case

"Every Picture Tells a Story" J. F. Thomas, 27 Roxbury St., Clifton Forge, Va., says: "Uric acid had poisoned my system and I was emaciated and had lost the use of my limbs."

Get Doan's at Any Store, 50c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

Nothing to brag of. "He's been thirty-five years in the same position."

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of J. C. Fletcher.

The thing that worries a rich man is that some of his friends are richer.

YAGER'S LINIMENT For Horse Lameness

Yager's liniment is a stable necessity for sprains, galls, boils, sprains, strained ligaments, swellings, wounds, cuts and swellings.

At all dealers—An eight ounce bottle for 25c. Prepared by GILBERT BROS. & CO., Inc. Baltimore, Md.

The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS. Purely vegetable—act surely and gently on the liver.

Small Pill, Small Dose, Small Price. Genuine must bear Signature.

Cold Breezes Cause Sneezes

and warn you that you are taking cold. Don't let it settle in your head or throat. Drive it out with Hale's Honey of Horchound and Tar.

When it aches again—try Fry's Testicle Drops.

FEET

A hot foot bath with JOHNSON'S FOOT SOAP will relieve them at once and make life worth living.

DRIVE MALARIA OUT OF THE SYSTEM

BABER for that Tired Feeling

A GOOD TONIC AND APPETIZER

DAISY FLY KILLER

placed anywhere, attracts and kills all flies, gnats, mosquitoes, etc.

PARKER'S HAIR BRAM

A toilet preparation of merit. Helps to eradicate dandruff.

POULTRY PATENTS

W. N. U. BALTIMORE, NO. 17-1916.



"The day breaketh; the morning cometh; the shadows flee away."

LEWIS CARROLL'S EASTER GREETING

Sentiment by Author of "Alice," and Her Friends, the White Rabbit and the Beloved Cheshire Cat.

Forty years ago Lewis Carroll wrote to his many little friends "An Easter Greeting to Every Child Who Loves Alice."

Please to fancy, if you can, that you are reading a real letter, from a real friend whom you have seen, and whose voice you can seem to yourself to hear wishing you, as I do now with all my heart, a happy Easter.

Do you know that delicious dreamy feeling when one first wakes on a summer morning, with the twitter of birds in the air and the fresh breeze coming in at the open window—when, lying lazily with eyes half shut, one sees as if in a dream green boughs waving or waters rippling in a golden light?

For I do not believe God means us thus to divide life into two halves—to wear a grave face on Sunday and to think it out-of-place to even so much as mention him on a week day.

And if I have written anything to add to these stories of innocent and reasonable doubt

REASONABLE DOUBT



The Lady—I wonder if he loves me for myself alone or 'cause I got a whole slew of Easter eggs.

LOOK OUT FOR BLACK BEETLE

Be on the lookout for the black beetle which does such deadly work among the asters. Don't let a day go by without an inspection of your plants.

INTERNATIONAL SUNDAY SCHOOL LESSON

LESSON FOR APRIL 23 EASTER LESSON.

LESSON TEXT—I Cor. 15:1-24. GOLDEN TEXT—Now hath Christ been raised from the dead, the first fruits of them that are asleep.—I Cor. 15:20.

If teachers can impress indelibly upon the minds of their scholars the fact that Jesus rose from the dead and is as truly alive today as when walking the hills of Galilee this repetition of the Easter story will not be vain.

1. The Triumphant Fact (vs. 1-4). If Christian workers would be more familiar with this passage they would more intelligently understand what the term "Gospel" means.

2. His next duty is to exercise the rights and privileges, nay, the sacred obligations, of a citizen.

3. This brings us to his chief duty, that of prayer. Real, intelligent, spirit-energized prayer for our land and its rulers is not common even in our pulpits.

4. The resurrection of Christ is the most significant triumph of the Christian faith.

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The American Christian and the Times in Which We Live

By REV. JAMES M. GRAY, D. D. Dean of the Moody Bible Institute of Chicago.

TEXT—And ye shall hear of wars and rumors of wars; see that ye be not troubled; for these things must come to pass, but the end is not yet.

Never within the memory of living man did these words of our Savior find such fulfillment as today.

What is the duty of the American Christian in such times? Of course, we have in mind the Christian citizen who has a duty and responsibility to the state and to God not shared by others.

1. His first duty is to become intelligent as to what the situation is. How vast is the scope of his investigation?

2. His next duty is to exercise the rights and privileges, nay, the sacred obligations, of a citizen.

3. This brings us to his chief duty, that of prayer. Real, intelligent, spirit-energized prayer for our land and its rulers is not common even in our pulpits.

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How to avoid Operations

These Three Women Tell How They Escaped the Dreadful Ordeal of Surgical Operations.

Hospitals are great and necessary institutions, but they should be the last resort for women who suffer with ill peculiar to their sex.

Marinette, Wis.—"I went to the doctor and he told me I must have an operation for a female trouble, and I hated to have it done as I had been married only a short time."

Detroit, Mich.—"When I first took Lydia E. Pinkham's Vegetable Compound I was so run down with female troubles that I could not do anything, and our doctor said I would have to undergo an operation."

Bellevue, Pa.—"I suffered more than tongue can tell with terrible bearing down pains and inflammation. I tried several doctors and they all told me the same story, that I never could get well without an operation and I just dreaded the thought of that."

If you would like special advice write to Lydia E. Pinkham Med. Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Little Mistake. An old gentleman of eighty-four having taken to the altar a young damsel of about fifteen, the clergyman said to him:

"What do I want with the font?" said the old gentleman.

"Oh, I beg your pardon," said the cleric, "I thought you had brought this child to be christened."

STOP, ITCHING INSTANTLY With Cuticura Soap and Ointment. Nothing Better. Trial Free.

Bathe the affected part with Cuticura Soap and apply the Ointment. For eczemas, rashes, irritations, pimples, dandruff and sore hands Cuticura Soap and Ointment are supreme.

At Palm Beach. "Have you read much fiction since you have been here?"

"No; but I have listened to a lot."

How we dislike to pay for things after we have worn them out.

May heaven help the rich; the poor don't need gasoline.

AILING WOMEN NEED THIS FAMOUS DOCTOR'S PRESCRIPTION

Thousands of women who are now blessed with robust health cannot understand why thousands of other women continue to worry and suffer from ailments peculiar to women when they can obtain for a trifling sum Dr. Pierce's Favorite Prescription which will surely and quickly banish all pain, distress and misery and restore the womanly functions to health.

To get rid of irregularities, or catarrhal condition, to avoid pain at certain times, to overcome irritability and weakness, waste no time, but get Dr. Pierce's Favorite Prescription in liquid or tablet form this very day.

Burglars! "What did you do when you discovered there were burglars in the house?"

"My wife grabbed a rolling pin and crept softly through the hall, and I followed her."

"A case of 'safety first' for you, eh?"

"No indeed! Safety second."

Safe Bet. "If fashion makes you dress as a shorter I don't know what we'll do."

"I do—you'll wear them."

Never eat pie with a knife. It's proper to eat cheese with pie, but knives should be eaten alone.

Convinced. "I wasn't able to match that piece of goods for you," said hubby. "I tried six different stores, and they all told me they hadn't had anything like that in stock for five years."

Some nervous people with a few dollars and no brains take exercise by making a run on a bank.

The Mississippi is the only tideloss river in the United States emptying into the ocean or Gulf of Mexico.

Buy materials that last Certain-teed Roofing